

THE
HOUSEWIFE'S GUIDE:

OR,

A COMPLETE SYSTEM

OF

MODERN COOKERY

CONTAINING

DIRECTIONS HOW TO ROAST AND BOIL

EVERY THING NECESSARY FOR THE TABLE;

TO CURE HAMS, BACON, &c.

HOW TO MAKE

Gravies, Sauces, Fricassers,

AND VARIOUS DISHES FOR LENT.

PARTICULARLY ADAPTED TO THE

MIDDLE CLASS OF SOCIETY.

BY MRS. STAVELY.

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PRICE ONE SHILLING.  
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LIVERPOOL:

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1827.

ENTERED AT STATIONERS' HALL.

ECONOMICAL

System of Cookery.

DIRECTIONS FOR ROASTING.

IN the first place you must regulate your fire according to the piece of meat you are to dress:—if it be a small or thin piece, make a pretty-little brisk fire; but if it be a large-joint, let a very good fire be laid to cake. Take care to keep your fire always clear, and let your spit be very clean. When the steam draws near the fire it is a sign that the meat is done enough; but you will best judge of that from the time it was put down. Observe, that in frosty weather all kinds of meat take more time in dressing.

To roast Mutton.

IF it be a chine or saddle of mutton, you must raise the skin, and then skewer it on again; for that will prevent its being scorched. Strip off the skin about a quarter of an hour before you take it up; throw some flour on your meat, together with a handful of salt, and baste it with butter. Roast mutton, when served up, may be accompanied with French beans, broccoli, potatoes, cauliflower, horse-radish, or water-cresses.—— N. B. Onion sauce is frequently used with a shoulder of mutton, either roasted or boiled.

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To roast a Pig.

Put into the belly of your pig a few sage leaves chopped, a piece of butter, a crust of bread grated, and some pepper and salt; sew it up, spit it, and lay it down to a large brisk fire. Flour it all over very thick and continue to do so till the eyes begin to start. As soon as you find the skin tight and crisp, and that the eyes are dropped, set two basons in the dripping-pan to receive the gravy that comes from it. When the pig is done enough, put a lump of butter into a cloth, and rub all over it till the flour is quite off; then take it up into your dish, and having cut off its head, cut the pig in two down the back; chop off the ears, and place one upon each shoulder; cut the under jaw in two, and lay on each side; melt some butter, put it into the gravy that came from your pig, boil it up, and put it into the dish with the brains bruised fine and a little shred sage; then send the whole to table with bread sauce in a bason, and garnish with lemons.

To roast a Leg of Mutton with Oysters or Cockles.

Take a leg of mutton that has been butchered two or three days before, stuff it all over with oysters or cockles, and roast it. Garnish the dish with horse-radish.

To roast Beef.

Butter a piece of writing paper, and fasten it with small skewers to the top of your beef; then lay it down to a good fire, throw some salt on it, and baste it well with good dripping. A little while before you take it up, remove the paper, dredge the meat with some flour, and baste it with a piece of butter. Garnish the dish with scraped horse-radish, and send it to table with broccoli, French beans, potatoes, horse-radish, or cauliflower.—When you want to keep your meat a few days before you dress it, you must dry it well with a clean cloth, then flour it all over, and hang it up in a place where the air may come to it.

To roast Veal.

In dressing a fillet or loin of veal, paper the udder of the fillet to preserve the fat, and the back of the loin to

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prevent it from being scorched. Lay your meat at some distance from the fire till it is soaked, and then draw it nearer the fire ; baste it well with butter, and dust it with a little flour. The stuffing for a fillet is made thus : take half a pound of suet, about a pound of grated bread, some parsley, thyme, sweet marjoram, and savory, a piece of lemon-peel, nutmeg, pepper, and salt, and mix them up together with the yolks and whites of a few eggs.

A breast of veal must be roasted with the caul on, and the sweet-bread skewered on the back-side : when it is almost done, take off the caul, and baste it with butter and a little flour.

To roast Lamb.

When you lay it down baste it well with fresh butter, and scatter on it a very little flour ; then baste it with what drips from it ; and just before you take it up, sprinkle on a little salt and chopped parsley, and baste it again with butter. You may serve it up with mint-sauce, green peas, a sallad, cauliflower, or French beans.

To roast Pork.

In roasting a loin of pork you must cut the skin across in small streaks, and take care that it be jointed before you lay it down ; it is sometimes served up with onions. A sparerib should be roasted before a clear fire, and basted with a small piece of butter, a little flour, and some sage shred fine : send it up with apple sauce.—The knuckle of a roast leg of pork is frequently stuffed with sage and onion chopped small, with a little pepper and salt, and eaten with gravy and apple-sauce. But the best way of roasting a leg is as follows : first parboil it, then skin it and lay it down, and baste it with butter ; take a little sage shred fine, a few crumbs of bread, some nutmeg, pepper, and salt ; mix these together, and strew them over your meat while it is roasting ; send up some gravy in the dish, and serve it up with apple-sauce and potatoes. A griskin may be dressed in the same manner.— N.B. Pork must be well done, otherwise it is apt to surfeit.

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To roast a Tongue.

You must parboil it first, then roast it; baste it well with butter, stick ten or twelve cloves about it, and send it to table with some gravy and sweet sauce.—N. B. An udder dressed the same way is very good eating.

To dress a pickled Neat's Tongue.

Having first soaked it, boil it till the skin will peel off, then stick it with cloves, put it on the spit, wrap a veal caul over it, and roast it till it is enough; after which you must take off the caul, and serve up your tongue with gravy in the dish, and some venison sauce in a boat. Garnish with raspings of bread and sliced lemon.

To roast a Calf's Liver.

Lard it with bacon, fasten it on the spit, and roast it with a gentle fire; send it to the table with good veal gravy, or melted butter.

To roast Rabbits.

Having trussed your rabbits, put them down to a quick clear fire, dredge them, baste them well with butter, and roast them near three quarters of an hour: boil the livers with a bunch of parsley, and chop them very fine; then melt some good butter, put into it half the liver and parsley, and pour it into the dish; garnish with the other half. The French sauce for rabbits consists of onions minced small, fried, and mixed up with pepper and mustard.—Some people put a pudding in a rabbit's belly when they roast it.

To roast a Hare.

Stuff your hare with a pudding made thus:—take some crumbs of bread, a quarter of a pound of beef-suet minced fine, the hare's liver parboiled and chopped small, some butter, two or three eggs, one anchovy, a little lemon-peel, parsley, thyme, nutmeg, pepper and salt; mix these several ingredients together, and put them into the belly of your hare, and then roast it. Put about three pints of milk, and half a pound of fresh butter into your dripping pan, which ought to be very clean; baste the hare with this all the while it is roasting; and when it has soaked up all the butter and milk it will be done enough. Serve it up with melted butter and cream, currant jelly, gravy, or claret sauce.

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To roast a Turkey, Goose, Duck, Fowl, &c.

When you roast a turkey, goose, fowl, or chicken, lay them down to a good fire, singe them clean with white paper, baste them with butter, and dust on some flour. As for time, a large turkey will take an hour and twenty minutes, a middling one a full hour; a full-grown goose, if young, an hour; a large fowl three quarters of an hour, a middling one half an hour, and a small chicken twenty minutes; but this depends entirely on the goodness of your fire.

When your fowls are thoroughly plump, and the steam draws from the breast to the fire, you may be sure that they are very near done. Then baste them with butter; dust on a very little flour, and as soon as they have a good froth serve them up.

Geese and ducks are commonly seasoned with onions, sage, and a little pepper and salt.

A turkey, when roasted, is generally stuffed in the craw with force meat, or the following stuffing:—take a pound of veal, as much grated bread, half a pound of suit cut and beat very fine, a little parsley, with a small matter of thyme, or savory, two cloves, half a nutmeg grated, a tea-spoonful of shired lemon-peel, a little pepper and salt, and the yolks of two eggs.

Sauce for a Turkey.—Good gravy in a boat; and either bread, onion, or oyster-sauce, in a bason.

For a Goose.—A little good gravy in a boat, apple-sauce in a bason, and mustard.

For a Duck.—A little gravy in the dish, and onions in a tea-cup.

For Fowls.—Parsley and butter; or gravy in the dish, and either bread-sauce, oyster-sauce, or egg-sauce in a bason.

To roast a green Goose with Green Sauce.

Roast your goose nicely; in the mean time make your sauce thus:—take half a pint of the juice of sorrel, a spoonful of white wine, a little grated nutmeg, and some grated bread; boil this over a gentle fire, and sweeten it with pounded sugar to your taste; let your goose have a good froth on it before you take it up; put some good strong gravy in the dish, and the same in a boat.—Garnish with lemon.

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To roast Pidgeons.

Take a little pepper and salt, a small piece of butter, and some parsley cut small; mix these together, put them into the bellies of your pigeons, tying the neck-end tight; take another string, fasten one end of it to their legs and rumps, and the other to the mantle-piece. Keep them constantly turning round, and baste them with butter. When they are done take them up, lay them in a dish, and they will swim with gravy.

To roast Larks.

Truss your larks with the legs across, and put a sage leaf over the breast; put them upon a long fine skewer, and between every lark a little piece of thin bacon; then tie the skewer to a spit, and roast them at a quick, clear fire, baste them with butter, and strew over them some crumbs of bread mixed with flour; fry some bread crumbs of a nice brown, in a bit of butter; lay your larks round in your dish, the bread crumbs in the middle, with sliced orange for garnish. Send good gravy in a boat.

To roast Pheasants or Partridges.

Lay them down at a good distance from the fire, dredge them, and baste them with nice butter, that they may go to table with a fine froth; they will take twenty minutes or half an hour roasting: when you dish them up, let there be some gravy in the dish, and bread or celery sauce in a boat. Garnish with slices of orange or lemon.

N. B.—You may, if you please, lard turkies, partridges, pheasants, larks, ortolans, &c. when you roast them.

To roast Snipes or Woodcocks.

Truss your snipes, and put them on a small bird-spit; dredge them, and baste them well with butter: have ready a slice of bread toasted brown, which must be laid in a dish, and set under the birds while they are roasting. They will take a quarter of an hour or twenty minutes. When they are done take them up, and lay them on the toast; pour some beef gravy and melted butter in the dish, and garnish with orange or lemon.—N. B. You need not draw a woodcock or snipe when you roast it.

To roast Wild Ducks, Widgeons, or Teal.

If your fire be very good and brisk, a teal, wild duck, or widgeon, will be done in a quarter of an hour. The following sauce will suit all kinds of wild fowl ; take a sufficient quantity of veal-gravy, season it with pepper and salt, squeeze in a little claret and the juice of two oranges.

To roast a Cod's Head.

Wash and scour the head very clean ; scotch it with a knife, strew a little salt on it, and lay it before the fire ; throw away the water that runs from it the first half hour, then strew on it some nutmeg, cloves, mace, and salt, and baste it often with butter. Take all the gravy of the fish, white wine, and meat gravy, some horse-radish, shalots, whole pepper, cloves, mace, nutmeg, and a bay leaf or two ; boil this liquor up with butter, and the liver of the fish boiled, broke, and strained into it with the yolks of two or three eggs, oysters, shrimps, and balls made of fish ; put fried fish round it. Garnish with lemon and horse radish.

To roast a Pike.

Take a large pike, gut it, clean, and lard it with eel and bacon, as you lard a fowl ; then take thyme, savory, salt, mace, nutmeg, some crumbs of bread, beef suit, and parsley, all shred very fine, and mix it up with raw eggs ; make it into a long pudding, and put it into the belly of your pike ; sew up the belly, and dissolve three anchovies in butter to baste it with ; put two laths on each side the pike, and tie it to the spit ; melt butter thick for the sauce ; (or, if you please, oyster sauce), and bruise the pudding into it. Then garnish with lemon.

To roast an Eel.

Scour the eel well with salt ; skin him almost to the tail ; then gut, wash, and dry him ; take a quarter of a pound of suit, shred as fine as possible, sweet herbs and a shalot, mix them together with salt, pepper, and nutmeg ; scotch your eel on both sides, wash it with yolks of eggs, lay some seasoning over it, stuff the belly with it, then draw the skin over it, and tie it to the spit ; baste it with butter, and make the sauce of anchovies and butter melted.

DIRECTIONS FOR BOILING.

Be sure that your pots and covers are well tinned, very clean and free from sand. Mind that your pot really boils all the while, else you will be disappointed in dressing any joint, though it has been a proper time over the fire. Fresh meat must be put in when the water boils, and salt meat whilst it is cold. Take care likewise to have sufficient room and water in the pot, allow a quarter of an hour to every pound of meat, let it weigh more or less.

To boil a Leg of Pork.

A Leg of pork must lie in salt six or seven days; after which, put it into the pot to be boiled, without using any means to freshen it. It requires much water to swim in over the fire, and also to be fully boiled; so that care should be taken that the fire does not slacken while it is dressing. Serve it up with pease-pudding, melted butter, mustard, buttered turnips, carrots, or greens.

To boil a Ham.

A ham requires a deal of water, therefore put it into the copper cold, and let it only simmer, for about two hours, and allow a full quarter of an hour to every pound of ham; by this means your ham will eat tender and well.

A dry ham should be soaked in water over night; a green ham does not require soaking. Take care they are well cleaned before you dress them. Before you send a ham to table take off the rind, and sprinkle it with bread crumbs, and put it into an oven for a quarter of an hour; or you may crisp it with a hot salamander.

To boil Beef or Mutton.

When your meat is put in, and the pot boils, take care to skim it very clean, otherwise the scum will boil down, stick to your meat, and make it look black.—Send up your dish with turnips, greens, potatoes, or carrots. If it is a leg or loin of mutton you may also put melted butter and capers in a boat.

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To boil Lamb.

A leg of lamb of five pounds will not be boiled in less than an hour and a quarter; and if, as it ought to be, it is boiled in a good deal of water, and your pot be kept clean skimmed, you may dish it up as white as a curd.—Send it to table with stewed spinach, and melted butter in a boat.

To boil Pickled Pork.

Wash the pork, and scrape it clean. Put it in when the water is cold, and boil it till the rind is tender. It is to be served up always with boiled greens, and is commonly a sauce of itself to roasted fowl or veal.

To boil a Calf's Head.

The head must be picked very clean, and soaked in a large pan of water a considerable time before it be put into the pot. Tie the brains up in a cloth, and put them into the pot at the same time with the head; skim the pot well, then put in a piece of bacon in proportion to the number of people to eat thereof. You will find it to be boiled enough by the tenderness of the flesh about that part that joins the neck. When boiled enough, you may grill it before the fire, or serve it up with melted butter, bacon, and greens; and with the brains mashed and beat up with a little butter, salt, pepper, vinegar, or lemon, sage, and parsley, in a separate plate; and the tongue slit and laid on the same plate; or save the brains whole, and the tongue slit down the middle.

To boil a Turkey, Fowl, Goose, Duck, &c.

Poultry are best boiled by themselves, and in a good deal of water; skim your pot clean, and you need not be afraid of their going to table of a bad colour. A large turkey, with a force-meat in his craw will take two hours; and without, an hour and a half; a hen turkey, three quarters of an hour; a large fowl forty minutes; a small one, half an hour; a large chicken, twenty minutes; and a small one, a quarter of an hour. A full-grown goose, salted, an hour and a half; a large duck, near an hour.

Sauce for a boiled Turkey.

Take a little water, a bit of thyme, an onion, a blade of mace, a little lemon-peel, and an anchovy ; boil these together, and strain them through a sieve, adding a little melted butter. Fry a few sausages to lay round the dish, and garnish with lemon.—Or, white oyster-sauce.

Sauce for a Fowl.—Parsley and butter ; or, white oyster-sauce.

Sauce for a Goose.—Onions or cabbage, first boiled and then stewed in butter for a few minutes.

Sauce for a Duck.—They should be smothered with onions.

To boil Rabbits.

Truss your rabbits close, and boil them off white. For sauce, take the livers, which, when boiled, bruise with a spoon very fine, and take out all the strings ; put to this some good veal broth, a little parsley shred fine, and some barberries clean picked from the stalks ; season it with mace and nutmeg ; thicken it with a piece of butter rolled in flour, and a little white wine. Let your sauce be of a good thickness, and pour it over your rabbits. Garnish with lemons and barberries.

To boil Rabbits with Onions.

Truss your rabbits short, with their heads turned over their shoulders ; let them be boiled off very white ; boil some large onions in a great deal of water, till they are very tender ; put them into a cullender, and when drained pass them through it with a good deal of butter, a little salt, and a gill of cream ; stir them over the fire till they are of a good thickness ; then dish up your rabbits, and pour the onions over them. Garnish with lemon and raw parsley.

To boil Veal.

Let the pot boil, and have a good fire when you put in the meat ; be sure to skim it very clean. A knuckle of veal will take more boiling in proportion to its weight than any other joint, because the beauty of it is to have all the gristles soft and tender. You may either send up boiled veal with parsley and butter, or with greens and bacon.

OBSERVATIONS ON DRESSING FISH.

There is no branch of cookery that requires greater nicety than the dressing of fish, and at the same time none for which so little instruction can be given: A minute or two only, makes a material difference, in the boiling of fish in particular. Done to a moment, it will come to the table in its best state; if this point be at all exceeded, it will be breaking to pieces, the pure flavour almost gone, and the fish consequently rendered indifferent food, if not absolutely spoiled as such. While on the other hand, if it be underdone, it is absolutely uneatable. A good deal of salt and occasionally a little vinegar put into the water assists to give firmness to fish. Fish should be taken out of the water the moment it is done enough. It may be kept hot by setting it upon the plate of the fish-kettle, over the water covered with a cloth. This will be a disadvantage to it, as it will be every moment getting vapid; but not so great a one as lying in the water. Keeping it back in the doing, as is sometimes practised when the dinner is not likely to be punctually served up, is a process that will always injure fish.

To boil Salmon.

Let it be well scraped and cleansed from blood; and after it has laid about an hour in salt and water, put it into a fish kettle, with a proportionate quantity of salt and horse-radish, and a bunch of sweet herbs. Put it in while the water is lukewarm, and boil it gently till it is enough; or about half an hour, if it be thick; or twenty minutes if a small piece. Pour off the water, dry it well, and dish it neatly on a fish plate, in the centre, and garnish it with horse-radish scraped (as is done for roast beef), or with fried smelts or gudgeons, and with slices of lemon round the rim. The sauce to be melted butter, with and without anchovy, or shrimp and lobster-sauce in different basons.

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To boil a Turbot.

A turbot ought to be put into pump water, with salt and vinegar, for two hours before it is dressed. In the mean time put a sufficiency of water into the fish-kettle, with a stick of horse-radish sliced, a handful of salt, and a faggot of sweet herbs. When the water tastes of the seasoning, take it off the fire, and let it cool a little, to prevent the fish from breaking. Put a handful of salt in the mouth and belly of the turbot, put it into the kettle, and boil it gently. A middling turbot will take about twenty minutes. When it is enough, drain it a little; lay it upon a dish sufficiently large, and garnish with fried smelts, sliced bacon, scraped horse-radish, and barberries.

Sauce.—Lobster-sauce, anchovy-sauce, and plain butter, in separate basons.

To boil a Cod.

Gut and wash the fish very clean inside and out, and rub the back-bone with a handful of salt; put it upon a fish plate, and boil it gently till it is enough; and remember always to boil the liver along with it. Garnish with scraped horse-radish, small fried fish, and sliced lemon.

Sauce.—Oyster-sauce, shrimp-sauce, or lobster-sauce, with plain melted butter, in different boats, and mustard.

To boil a Cod's Head.

After tying your cod's head round with pack-thread, to keep it from flying, put a fish-kettle on the fire large enough to cover it with water; put in some salt a little vinegar, and some horse-radish sliced; when the water boils, lay your fish upon a drainer, and put it into the kettle; let it boil gently till it rises to the surface of the water, which it will do if your kettle is large enough; then take it out and set it to drain; slide it carefully off your drainer into your fish-plate. Garnish with lemon and horse-radish scraped. Have oyster-sauce in one bason, and shrimp-sauce in another.

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To boil slices of Cod.

Use spring water, and put in salt enough to make it almost brackish. Boil it up quick, and when it boils put in the cod. Keep it boiling, and skim it very clean. It will be done sufficiently in about eight minutes. Some small slices may be fried and served round it. Oyster, shrimp, or anchovy-sauce should be served with it.

To boil Plaice and Flounders.

Let the pan boil, throw some salt into the water, then put in the fish; and when boiled enough take it out with a slice, and drain it well. Serve it up with horse-radish and boiled parsley, to garnish the edge of the dish; and with a bason of plain butter, melted; and anchovy-sauce; or butter melted with a little catchup or soy.

To boil a Pike.

Gut and clean your pike very well with salt and water, fasten the tail in the mouth with a skewer, then put it into the stew-pan, with as much water as will cover it, some vinegar and salt, and a piece of horse-radish sliced. Garnish with lemon and scraped horse-radish.

Sauce.—Anchovy, shrimps, or soy-sauce; or melted butter and catchup.

To boil Eels, &c.

Having skinned and washed your eels, and cut off the back fins with a pair of scissors, roll them round with the heads innermost, and run a strong skewer through them. Put them into a stew-pan, with a sufficient quantity of water, and a little vinegar and salt. Garnish with sliced lemon.—*Sauce*.—Parsley and butter..

To boil Mackarel.

Having cleansed the mackarel very well, and soaked them for some time in spring water, put them and the roes into a stew-pan, with as much water as will cover them, and a little salt. Boil a small bunch of fennel along with them, and when you send them up garnish with the roes, and the fennel shred fine.

Sauce.—Grated sugar in a saucer; melted butter, and green gooseberries boiled, in different basons; or parsley and butter, with a little vinegar and lemon.

TO DRESS VEGETABLES.

In dressing all kinds of vegetables, the cook must be particularly careful that they are properly cleansed before they are put into the pot. To effect this, take off the outer leaves, and such as have received injury by the weather; then examine the inner leaves with great nicety, that there be no small snails or caterpillars between them, which is frequently the case, particularly in cabbages and savoy.—When you have done this, wash them well in a pail or pan of water, and put them in a cullender to drain. Before you put your water that is to boil them into the saucepan, examine the vessel carefully that it be clean, and free from sand or grease. You must likewise be very attentive to the time of their boiling, for if they be done too much they will be spoiled. All greens should have a little crispness, which will not be the case if they are over boiled; neither will they look so well, or eat so sweet as when properly done.

To boil Asparagus.

First cut the white ends off about six inches from the heads, and scrape them from the green part downwards very clean. As you scrape them throw them in a pan of clean water; and, after a little soaking tie them up in small even bundles. When your water boils put them in and boil them up quick; but by over boiling they will lose their heads. Cut a slice of bread for a toast, and bake it brown on both sides. When your grass is done, take it up carefully; dip the toast in the asparagus-water, and lay it in the bottom of your dish; then lay the heads of the asparagus on it with the white ends outwards; pour a little melted butter over the heads; cut an orange into small quarters, and stick them between for garnish.

To boil Parsnips.

Parsnips must be clean washed, and boiled in the same manner as carrots, but they will not require boiling so long. An hour and a quarter will boil a large parsnip well. Wipe off the peels, and serve them up either whole, or cut into slices, according to the occasion on which they are used.

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To boil Spinach.

There is no herb requires more care in the washing than spinach; you must carefully wash it in three or four waters; then put it in a cullender to drain. It does not require much water to dress it; half a pint in a saucepan that holds two quarts will dress as much spinach as is generally wanted for a small family. When your water boils put in your spinach, with a small handful of salt, pressing it down with a spoon as you put it into the saucepan; let it boil quick, and as soon as tender put it into a sieve or cullender, and press out all the water.—When you send it to table, raise it with a fork, that it may lie hollow in the dish,

To boil Cauliflowers.

A cauliflower is the most favourite plant in the kitchen-garden amongst the generality of people. Take off all the green part, and cut the flower close at the bottom from the stalk; and if it be large or dirty, cut it into four quarters, that it may lie better in the pan, and be thoroughly cleansed. Let it soak an hour, if possible, in clean water, and then put it into boiling milk and water (if you have any milk), or water only, and skim the pan very well. When the flower or stalks left above it feel tender, it will be enough; but it must be taken up before it loses its crispness, for cauliflower is good for nothing if boiled till it becomes quite soft. When enough, lay it to drain in a cullender for a minute or two, and serve it up in a dish by itself, and with melted butter in a bason.

To boil French Beans.

Take your beans and string them; cut them in two, and then across: when you have done them all, sprinkle them over with salt, and stir them together. As soon as your water boils, put them in, salt and all; make them boil up quick. They will be soon done, and look of a better green than when growing in the garden. If they are very young only take off the ends, break them in two, and dress them in the same manner.

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To boil Sprouts.

Pick and wash your sprouts very clean, and see there are no snails or grubs between the leaves; cut them across the stem, but not the heart; after they are well washed take them out of the water to drain; when your water boils put in some salt, and then the sprouts, with a little more salt on them; make them boil quick, and if any scum arises, take it clean off. As soon as the stalks are tender, strain them off, or they will not only lose their colour, but likewise their flavour.

To boil Carrots.

Scrape them very clean, and when they are boiled enough rub them in a clean cloth, then slice them into a plate, and some melted butter over them. If they are young spring carrots half an hour will boil them; if large, an hour: but old Sandwich carrots will take two hours.

To boil Green Peas.

Peas should not be boiled in more water than just enough to cover them well. Put them in when the water boils, with a few sprigs of mint tied together? boil them up immediately, and keep them boiling very fast. They require being thoroughly done. Drain them and serve them up either with a piece of butter stirred in among them, or with melted butter in a tureen. Garnish them with the sprigs of mint laid round the dish, as many persons like to eat them with the peas.

To boil Broccoli.

Cut off the stalk from broccoli so as to leave a nice head, and such part of the stalk only as will boil tender. Trim it of the leaves, but not of the small branches, as they make the head look fuller and better. When well washed, put the broccoli into boiling water, with some salt in it, and boil it up very quick. As soon as the stalk is quite tender it is done enough. Take it up with a tin slice, to avoid breaking the heads,

To boil Turnip Tops.

Turnip tops are the shoots which come out in the spring from the old turnip roots. Dressed like sprouts, they make very nice sweet greens, and are esteemed great purifiers of the blood and juices.

OF BROILING.

To broil a Chicken.

Split the chicken down the back, spread it open, season it with pepper and salt, and broil it over a quick clear fire very nicely. Serve it up with mushroom-sauce, either brown or white.

Pigeons or any other bird as approved, may be broiled in the same manner.

To broil Beef Steaks, Mutton, or Pork Chops.

Lay your steaks on the gridiron, and throw upon them pepper and salt to your taste. Do not turn them till one side be enough; and when the other side has been turned a little while, a fine gravy will lie on the top, then lift it all together, with a pair of small tongs, or carefully with a knife and fork, into a hot dish, and put a little piece of butter under it, which will help to draw out the gravy.—Some palates like it with a shalot or two, or an onion, shred very fine.

But if they be mutton or pork steaks, they must be frequently turned on the gridiron.

The general sauce for steaks is horse-radish for beef; mustard for pork; and girkins, picked, for mutton. But, in season, I would recommend a good salad, or green cucumbers, or celery, for beef and mutton; and green peas for lamb steaks.

To broil Sheep or Hogs Tongues.

First boil, blanch, and split your tongues, season them with a little pepper and salt, and then dip them in eggs; throw over them a few crumbs of bread, and broil them till they are brown; serve them up with a little gravy and butter.

To broil slices of Salmon.

When washed, wipe the salmon quite dry, rub the slices over with a soft brush dipped in sweet oil; pepper and salt them, fold neatly in clean white paper, and broil them over a clear fire.

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To broil Herrings.

Open them along the belly, clean them, take out the back bone, leave the roe in; lay two herrings together, the open sides next to each other, season them with pepper and salt, and broil them nicely. The heads are better taken off.

To broil Cod.

First dry it well with a cloth, then strew some flour on it, and when your fire is quite clear, lay it on the grid-iron, and broil it till it is of a fine brown. For sauce, take good melted butter, with the body of a lobster bruised therein; cut the meat of the lobster very small, put all together in the melted butter, make it hot, and pour it into the dish, or into basons. Garnish with horse-radish and lemon.

To broil Eels.

Take a large eel, skin and make it clean. Open the belly, cut it into four pieces, take the tail-end, strip off the flesh, beat it in a mortar, season it with a little beaten mace, a little grated nutmeg, pepper and salt, a little parsley and thyme, a little lemon-peel, and an equal quantity of crumbs of bread; roll it in a little piece of butter, then mix it again with the yolk of an egg; roll it up again, and fill the three pieces of belly with it. Cut the skin of the eel, wrap the pieces in, and sew up the skin. Broil them well, and have butter and anchovy for sauce, with a piece of lemon.

Observation.

The person who can broil the fish above mentioned, will be able to broil any fish. To multiply particular directions for broiling is therefore unnecessary.

To broil Eggs.

First put your salamander into the fire, then cut a slice round a quartern loaf, toast it brown, and butter it, lay it in the dish, and set it before the fire; poach seven eggs, just enough to set the whites, take them out carefully, and lay them on your toast; brown them with the salamander, grate some nutmeg over them, and squeeze Seville orange over all. Garnish your dish with orange cut in slices.

OF FRYING.*To fry Liver and Bacon.*

Cut the liver in slices, and fry it first brown and nice, and then the bacon; lay the liver in the dish, and the bacon upon it. Serve it up with melted butter in a boat, and garnish with sliced lemon,

To fry Beef Steaks.

Cut the lean into steaks, and beat them well with the back of your knife; fry them in just as much butter as will moisten the pan; pour off the gravy as it runs from the meat, turn them often, and do them over a gentle fire; then fry the fat by itself, and lay it upon the meat; and put to the gravy a glass of red wine, half an anchovy, a little nutmeg, a little beaten pepper, and a shalot cut small; let it have two or three boils, season it with salt to your palate, pour it over your steaks, and send them to table. Garnish your dish with scraped horse-radish.

To fry Beef Steaks with Oysters.

Pepper some tender beef steaks to your mind, but do not salt them, for that will make them hard; turn them often till they are done enough, which you will know by their feeling firm; then salt them to your mind.

For sauce, take oysters with their liquor, and wash them in salt and water; let the oyster liquor stand to settle, and then pour off the clear; stew them gently in it, with a little nutmeg or mace, some whole pepper, and a clove or two, and take care you do not stew them too much, for that will make them hard; when they are almost done, add a little white wine, and a piece of butter rolled in flour to thicken it.

To fry Mutton Steaks.

Cut off the rump end of the loin, then cut the rest into steaks, and flat them with a cleaver or rolling-pin; season them with a little salt and pepper, and fry them in butter over a quick fire; as you fry them put them into

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an earthen pot till you have fried them all; then pour the fat out of the pan, put in a little gravy, and the gravy that comes from the steaks, with a spoonful of red wine, an anchovy, and an onion or shalot shred, shake up the steaks in the gravy, and thicken it with butter rolled in flour. Garnish with horse-radish and shalots.

To fry Sweetbreads and Kidnies.

Split the kidnies, and then fry them and the sweetbreads together in butter. Serve them up with a brown ragoo-sauce and mushrooms; and garnish the dish with fried parsley and sliced lemon.

To fry Tripe.

Cut your tripe into pieces about three inches long, dip them into the yolk of an egg, and a few crumbs of bread, fry them of a fine brown, and then take them out of the pan, and lay them in a dish to drain. Having ready a warm dish to put them in, and send them to table with butter and mustard in a boat.

To fry Veal Cutlets.

Cut your veal into slices, and lard them with bacon; rub them over with beaten eggs, and then strew on them seasoning made with sweet marjoram, nutmeg, pepper, salt, and a little grated lemon. Fry them in sweet butter, and when they are done, pour into the dish some good gravy. Garnish the dish with sliced lemon.

To make Scotch Collops.

Cut some lean veal into slices, and dip them into the yolks of eggs that have been beaten up with melted butter, a little salt, some grated nutmeg, and grated lemon-peel. Fry them quick, and shake them often, to keep the butter from oiling; then put to them some beef-gravy, and a few mushrooms, or forced-meat-balls.—Garnish your dish with slices of bacon and lemon. If you would have the collops white, do not dip them in eggs. When they are fried tender, pour off the liquor quite clean; put in some cream to the meat, just give it a boil, and then serve it up at table.

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To fry Sausages.

Cut them in single links, and fry them in good butter ; then take a round of a loaf, fry it of a nice brown in the same butter, and lay it in the bottom of your dish ; put the sausages on the toast in four parts, lay poached eggs between them, and serve them up with melted butter.

To fry Herrings.

After having cleansed your herrings, take out the roes, dry them and the herrings in a cloth ; flour them, and fry them in butter of a fine brown ; lay them before the fire to drain ; slice three or four onions, flour them, and dry them nicely ; dish up the herrings, and garnish them with the roes, and onions. Send them up as hot as you can, with butter and mustard in a boat.

To fry Trout.

Scale your trout clean, then gut them, and take out the gills, wash them, and dry them in a cloth, flour them, and fry them in butter till they are of a fine brown ; when they are fried enough, take them up, and serve them ; fry some parsley green and crisp, melt anchovy and butter, with a spoonful of white wine. Dish your fish, and garnish with fried parsley and sliced lemon.— You may pour your sauce over the fish, or send it in a boat, which you please.

In this manner you may fry perch, small pike, jacks, roach, gudgeons, or a chine of fresh salmon.

To fry Eels.

After having skinned and cleaned your eels, split them and cut them in pieces ; let them lay for two or three hours in a pickle made of vinegar, salt, pepper, bay-leaves, sliced onion, and juice of lemon ; then dredge them well with flour, and fry them in clarified butter ; serve them dry with fried parsley and lemon, for garnish. Send plain butter and anchovy-sauce in separate boats.

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To fry Flat Fish.

Dry the fish well in a cloth, rub them over with the yolk of an egg, and dust over some flour; let your oil, butter, lard, or dripping, be ready to boil before you put in the fish; fry them off with a quick fire, then let them be of a fine brown. Before you dish them up, lay them upon a drainer before the fire, sloping, for two or three minutes, which will prevent their eating greasy — For sauce, take half a pint of water, two anchovies split, a clove, a bit of mace, a little lemon-peel, a few peppercorns, and a large spoonful of red wine; broil all together till your anchovy is dissolved; then strain it off, and thicken it with butter rolled in flour.

You may observe on fast days, and in Lent, never to dress your fish in any thing but butter or oil.

To fry small Fish of all sorts.

Small fish are generally dressed to garnish a dish of fish, as smelts, gudgeons, roach, small whittings, &c. — wipe them dry with a cloth, then rub them over with the yolk of an egg, flour them, and fry them in oil, butter, hogs-lard, or beef dripping; take care they are fried of a fine light brown; and if they are sent by themselves in a dish, garnish with fried parsley and lemon.

Whittings, when small, should be turned round, the tail put into the mouth, and so fried; if large, they are skinned, turned round, and fried.

Plaice, flounders, and dabs, are rubbed over with eggs, and fried.

Small maids are frequently dipped in batter, and fried.

All these sorts of fish are generally dressed by themselves for supper, you may send various sauces as you like best; either shrimps, oysters, anchovy and butter, or plain melted butter; and some choose oil and lemon.

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To fry Cauliflowers.

Take two fine cauliflowers, boil them in milk and water, then leave one whole, and pull the other to pieces; take half a pound of butter, with two spoonfuls of water, a little dust of flour, and melt the butter in a stew-pan; then put in the whole cauliflower cut in two, and the other pulled to pieces, and fry it till it is of a very light brown. Season it with pepper and salt.—When it is enough, lay the two halves in the middle, and pour the rest all over.

To fry Potatoes.

Pare them very clean, and take out all the specks; then cut them into thin slices, and fry them till they are of a nice brown on both sides; then take them up, put them into your dish, and serve them to table with melted butter in a bason or boat.

To fry Parsley.

Let your parsley for this purpose be very young.—Wash it very clean, and pick the leaves carefully from the stalks. Then put a little butter in your pan, which must be quite clean, and when it is very hot put in the parsley: keep it constantly stirring with a knife till it is quite crisp; then take it out, and apply it to the purposes for which it is wanted.

To fry Onions.

When you have peeled your onions, cut them into slices about a quarter of an inch thick; dip these slices into batter, or an egg well beaten up, and fry them brown. When they are done, let them lie two or three minutes on a strainer before the fire, in order that the grease may drain from them, and serve them to table.

To fry Morrels.

Cut them in long slices and wash them well, then stew them in a little broth over a gentle fire for a short time. Season the broth they were stewed in with pepper and salt, and thicken it with flour and butter, and serve them with this in the dish for sauce.

Mushrooms may be fried in the same way.

OF STEWING.

To stew a Hare.

Let it be half roasted, and then, having cut it into small pieces, and dissected the bones, put all of it into a stew-pan, with a quart of gravy, a gill of red wine, and an anchovy. You must not let it boil, but keep tossing it up with butter and flour till it be enough; and then serve it up in a soup-dish, garnished with fried parsley.

To Stew a Goose.

You must cut the goose down the back, bone it, and stuff it with force-meat; then sew it up, and fry it of a fine brown; after which, you must put it into a deep stew-pan, with two quarts of beef gravy, cover it close, and let it stew for two hours: then take it up, and skim off the fat; add to the gravy a glass of red wine, two or three spoonfuls of catchup and lemon-pickle, an anchovy shred fine, some beaten mace, pepper and salt, and a lump of butter rolled in flour; give it a boil, dish up your goose, and strain the sauce over it.

To stew Rabbits.

Divide your rabbits into quarters. lard them with pretty large slips of bacon, and fry them; then put them in a stew-pan, with a quart of good broth, a glass of white wine, a bunch of sweet herbs, a little pepper and salt, and a piece of butter rolled in flour. When they are enough, dish them up, and pour the sauce on them. Garnish with sliced lemon.

To stew a Turkey or Fowl.

Put your fowl or turkey into a saucepan, with a sufficient quantity of gravy, a bunch of celery cut small, an onion, a sprig of thyme, in a muslin rag filled with pepper, mace, cloves, and other spice; let these stew gently till they are enough, then take up your fowl or turkey, thicken the sauce with flour and butter, and pour it in your dish.

N. B.—You may stew a neck of veal in the same manner.

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To stew GIBLETS.

Let the giblets be clean picked and washed, the feet skinned, and the bill cut off, the head split in two, the pinion bones, the liver and gizzard cut in four, and the neck in two pieces; put them into half a pint of water, with pepper, salt, a small onion, and sweet herbs.—Cover the saucepan close, and let them stew till enough upon a slow fire. Then season them with salt, take out the onion and herbs, and pour them into a dish with all the liquor.

To stew Veal in general.

Take some lean veal, either raw or under-roasted, or boiled; cut it in thick slices, then put them into as much water as will just cover them; throw in a little pepper and salt, nutmeg, mace, sweet-marjoram, a shalot, and a little lemon-peel; when they are almost stewed enough, put into the liquor a little catchup, a little lemon-juice, a glass of white wine, and let it stew some time longer; then strain off the liquor, and put some pickled mushrooms in the sauce, and thicken it with cream, or butter rolled in flour. Garnish your dish with fried oysters, and sliced orange and lemon.

To stew Mutton Chops.

Put them into a shallow tin pan, with a very small quantity of water, and some pepper and salt; cover your pan very close, and place it over a slow fire. When the chops are done (which will be in a very short time), serve them up with their gravy.

To mince Veal.

Let your veal be cut as fine as possible, but not chopped; grate a little nutmeg over it, shred a little lemon-peel very fine, throw a very little salt on it, and dredge it with flour. To a large plate of veal, take four or five spoonfuls of water, let it boil, then put in the veal, with a piece of butter as big as an egg, stir it well together, and when it is thoroughly hot it is enough. Lay some sippets round the plate, and before you pour in the veal squeeze in half a lemon, or put half a spoonful of vinegar.

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To Stew Beef.

Take a piece of lean beef, with about a pound of the hard fat of the brisket cut in pieces. Put these into a stew-pan with three pints of water, a little salt, pepper, dried marjoram powdered, and three cloves. Cover the pan very close, and let it stew four hours over a slow fire. Throw in as much turnip and carrot cut into square pieces as you think convenient, and the white part of a large leek, two heads of celery shred, a piece of crust of bread, burnt, and half a pint of red wine. Let these stew all together one hour more; then pour it all into a soup-dish, and serve it up hot. Garnish with sliced carrot.

To stew Ox Cheek.

Bone and wash the cheek very clean; then tie it up round, put it into a stew-pan with some good gravy or boiling water, skim it, add two bay leaves, a little garlic, some onions, mushrooms, celery, carrots, half a small cabbage, turnips, a bunch of sweet herbs, some whole pepper, a little allspice and mace. Let the cheek stew till near done. then cut off the strings, put the cheek into a clean stew-pan, strain the liquor through a sieve, skim off the fat very clean, season it with lemon juice, Cayenne pepper, and salt; add a little catchup, clear it with eggs, strain it through a tamis cloth to the cheek, and stew the whole till tender.

Irish Stew.

Take the best end of a neck of mutton, chop off the under bone, and cut it into steaks; season it with pepper, salt, and a little mushroom powder and beaten mace. Put them into a stew-pan, add a large onion sliced, a bunch of parsley and thyme, and a pint of veal broth. Simmer the chops till three parts done, then add some whole potatoes peeled, and let them stew till done. Serve it up in a deep dish.

Let the parsley and thyme be taken out when the stew is to be served up.

Stewing is best done over a small stove fire, that it may be done very gently. A stew ought never to be suffered to boil up fast, but only to simmer.

OF HASHES.

To hash a Hare.

Cut up your hare entirely, put it into a stew-pan with some good gravy, a gill of red wine, some shred lemon-peel, and a bundle of sweet herbs; let it stew for an hour, then add some forced meat balls, and yolks of twelve hard-boiled eggs, with truffles and morels. Give them a boil up, then take out the herbs, place the hare handsomely on the dish, and pour the gravy, &c. over it. Garnish with sliced lemon and barberries.

To hash a Lamb's Head and Pluck.

Boil the head and pluck a quarter of an hour at most; the heart five minutes, the liver and lights half an hour. Cut the heart, liver, and lights, into small square bits, not bigger than a pea. Make a gravy of the liquor that runs from the head, with a quarter of a pint of the liquor in which it is boiled, a little walnut liquor, or catchup, add a little vinegar, pepper, and salt; then put in the brains and the hashed meat, shake them well together in the liquor, which should be only just as much as to wet the meat. Pour all upon the sippets in a soup-dish, and having grilled the head before the fire, or with a salamander, lay it open with the brown side upwards upon the hashed liver, &c. Garnish with sliced pickled cucumbers, and thin slices of bacon broiled.

To hash a Calf's Head.

Boil it till it is near done, then take it up, and let it lie in a dish till it is cold. This done, take one half of the head, and cut off the meat in thin slices, put it into a stew-pan with a little brown gravy, a spoonful or two of walnut pickle, a spoonful of catchup, a glass of red wine, a little shred mace, a few capers shred, or a little mango; boil it over a stove, and thicken it with butter and flour. When you have done this, take the other part of the head, cut off the bone ends, and score it with a knife; season it with a little pepper and salt, rub it over with the yolk of an egg, and strew on it a few bread

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crumbs and a little parsley; then set it before the fire till it is brown; and when you dish up the other part, put this in the middle. Lay about your hash some forced meat balls, a few slices of bacon nicely fried, and brain-cakes. This last article must be made thus:—Take a handful of bread crumbs, a little shred lemon-peel, pepper, salt, nutmeg, sweet-majoram, parsley shred fine, and the yolks of three eggs:—take the brains and skin them; boil and chop them small, and mix them altogether; put a little butter in your pan when you fry them, and drop them in as you do fritters. If they should run in your pan, put in a handful more of bread crumbs.

To hash cold Fowl.

When you have cut up your fowl in the usual manner, divide the legs, wings, heart, &c. into several pieces; then put them into a stew-pan, with a blade or two of mace, and a little shred lemon-peel; dredge on it a little flour, and put in about half a pint of good gravy.—When it begins to simmer, put in a piece of butter rolled in flour, with a few pickled mushrooms. As soon as it boils it is enough; then take it up, pour the whole into your dish, and garnish with sliced lemon.

To hash Mutton.

Take mutton half roasted, and cut it in pieces as big as half a crown; then put into the saucepan half a pint of red wine, as much strong broth or gravy (or water, if you have not the other), one anchovy, a shalot, a little whole pepper, some nutmeg grated, and salt to your taste; let these stew a little, then put in your meat, and a few capers and samphire shred; when it is hot through thicken it up with a piece of fresh butter rolled in flour; have toasted sippets ready to lay in the dish, and pour the meat on them. Garnish with lemon.

To hash Beef.

Take the raw part of any piece of roasted beef, and cut it into thin slices, about the length of a little finger, and about the same breadth. Take also a little water, and an equal quantity of gravy; boil it well with a large

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onion cut in two, pepper and salt; then take a piece of butter rolled in flour, and stir it in the pan till it burns. Put in the sauce, and let it boil a minute or two; then put in the sliced beef, but you must only just let it warm through. Some add only a few capers, mushrooms, walnut-pickle, or catchup. Serve this up to table in a soup-dish, garnished with pickles.

To mince Veal.

Take any part of veal that is under-done, either roasted or boiled, and shred it as fine as possible with a knife. Then take a sufficient quantity of beef gravy, dissolve it in the quantity of a hazle-nut of caviare to half a pound of meat, and then put into the gravy the minced veal, and let it boil not above a minute. Pour it into a soup-plate, or dish, upon sippets of bread toasted, and garnish the dish with pickled cucumbers, &c., or with thin slices of bacon broiled.

**OF SOUPS.***To make mock Turtle Soup.*

Scald the hair off a calf's head, but do not skim it.—Boil it for half an hour, and before it is cold cut it into small square pieces; put these into a stew-pan with some strong broth made of six pounds of gravy beef, a knuckle of veal, turnips, carrots, onions, and celery. After stewing some time, add a bunch of sweet herbs, a few leaves of sage, a thin slice or two of lean ham or four anchovies. Boil the whole together till the head becomes tender, then strain it through a fine sieve.—Season the soup with salt, white pepper, Cayenne pepper, Madeira wine, and lemon-juice, and thicken it with flour and butter. Put in a part of the head wiped clean, and some forced-meat and egg balls. Give it a good boil for a few minutes, and serve it up.

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To make Gravy Soup.

Take the bones of a rump of beef, and a piece of the neck, and boil it till you have all the goodness out of it; then strain it off, and take a piece of butter, put it in a stew-pan, and brown it, then put to it an onion stuck with cloves, some celery, endive, spinach, and three carrots; put to your gravy some pepper, salt, and cloves, and let it boil all together; then put in sippets of bread dried by the fire, and you may add a glass of red wine. Serve it up with a French roll toasted, and laid in the middle.

To make Rice Soup.

To two quarts of water, put three quarters of a pound of rice, clean picked and washed, with a stick of cinnamon; let it be covered very close, and simmer till your rice is tender; take out the cinnamon, and grate half a nutmeg; beat up the yolks of four eggs in half a pint of white wine, strain it, and add as much pounded sugar as will make it palatable; put this to your soup, and stir it very well together; set it over the fire, stirring it till it boils and is of a good thickness, then send it to table.

To make Family Soup.

Wash the roots of a tongue in cold salt and water and put them into a saucepan, with a scrag of mutton, or other odd pieces of meat, some turnips, carrots, onions, parsnips, and a root of celery. Add water in proportion to the meat, and let it stew very slowly for some hours till the gravy is drawn from the meat. Strain off the soup, and let it stand till cold. The kernels and soft parts of the tongue and carrots must be saved. When the soup is to be used, clear off the fat, put in the kernels and soft parts of the tongue, slice in the carrots, and add some fresh turnips and onions cut small, a few spoonfuls of rice, half boiled, or some oatmeal, and pepper and salt to the taste. Stew them till the fresh vegetables are tender, and then serve it up with toasted bread to eat with it.

OF GRAVIES & SAUCES.

To make a strong Fish Gravy.

Take two or three eels, or any fish you have, skin or scale them, gut them, and wash them from grit, cut them into little pieces, put them into a saucepan, cover them with water, a little crust of bread toasted brown, a blade or two of mace, some whole pepper, a few sweet herbs, and a little bit of lemon-peel; let it boil till it is rich and good; then have ready a piece of butter according to your gravy; if a pint, as big as a walnut. Melt it in a saucepan, then shake in a little flour, and toss it about till it is brown, and then strain the gravy into it. Let it boil a few minutes, and it will be good.

To make Gravy for a Turkey or Fowl.

Take a pound of lean beef, cut and hack it, then flour it well, put a piece of butter as big as a hen's egg into a stew-pan; when it is melted put in your beef, fry it on all sides a little brown, then pour on three pints of boiling water, a bundle of sweet herbs, two or three blades of mace, three or four cloves, twelve whole peppercorns, a little bit of carrot, a crust of bread toasted brown, cover it close, and let it boil till there is about a pint or less, then season it with salt, and strain it off.

To make White Gravy.

Take a piece of knuckle of veal, or the worst part of a neck of veal, boil about a pound of this in a quart of water, an onion, some whole pepper, six cloves, a little salt, a bunch of sweet herbs, and half a nutmeg-sliced; let them boil an hour, then strain off the liquor, and keep it for use.

To make a standing Sauce.

Take a quart of claret, or white wine, put it in a glazed jar with the juice of two lemons, five anchovies, some whole Jamaica pepper, some whole ginger, some mace, a few cloves, a little lemon-peel, horse-radish sliced, some sweet herbs, six shalots, two spoonfuls of capers and their liquor; put all these in a linen bag, and put it into the wine, stop it close, set the vessel in a kettle of hot water for an hour, and keep it in a warm place. A spoonful or two of this liquor is good for any sauce.

OF FRICASEES.

To fricasee Lamb's Stones and Sweetbreads

Have ready some lamb stones blanched, parboiled, and sliced, and flour two or three sweetbreads; if very thick, cut them in two; the yolks of six hard eggs whole, a few pistachio-nut kernels, and a few large oysters; fry all these of a fine brown, then pour away the butter, and add a pint of drawn gravy, the lamb-stones, some asparagus tops of about an inch long, some grated nutmeg, a little pepper and salt, two shalots shred small, and a glass of white wine. Stew all these together for ten minutes, then add the yolks of six eggs beat very fine, with a little white wine, and a little mace; stir all these till it is of a fine thickness, and then dish it up. Garnish with lemons.

To fricasee a Calf's Head.

Take half a calf's head that is boiled tender, cut it into slices, and put it into a stew-pan with some good veal broth; season it with mace, pepper, and salt, an artichoke bottom cut in dice, some forced-meat balls, first boiled, morrels and truffles; let these boil together for a quarter of an hour, skim it clean, beat up the yolks of two eggs in a gill of cream, put this in, and shake it round till it is ready to boil, squeeze in a little lemon, and serve it up. Garnish with lemon.

To fricasee Chickens

Half roast the chickens, then having cut them up, as for eating, skin them, and put them into a stew-pan with a little white gravy, the juice of a lemon, an anchovy for every chicken, with a sufficient quantity of mace and nutmeg grated, and then boil them. Take also the yolks of eggs as much as necessary, a little sweet cream, and shred parsley; then put them into a stew-pan with a lump of butter and a little salt; shake them all the time they are over the fire, but do not let them boil, for that would make them curdle. Serve it up poured upon sippets, and garnish the dish with sliced lemon, or pickled mushrooms.

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OF POTTING.*To pot Pigeons or any other Fowl,*

Your pigeons being trussed, and seasoned with savory spice, put them in a pot, cover them with butter and bake them, then take them out and drain them; and when they are cold, cover them with clarified butter. The same way you may pot fish, only bone them when they are baked.

For potting Beef.

Take a leg of mutton piece of twelve pounds, cut it into pound pieces, and salt it for collar of beef; let it lie six days, put it in a pan covered with pump-water, and bake it with household bread; when it comes out of the oven, take it out of the liquor, beat it in a stone mortar; then season it with an ounce of pepper, half an ounce of cloves and mace, mix it into a pound of clarified butter, put it close into your pot, and cover it with clarified butter on the top half an inch thick,

For potting a Hare.

Bone your hare, and take away all the skinny part, then put to the flesh some good fat bacon and savory herbs; season it with mace, nutmeg, and pepper, and a little salt, then beat all this fine in a mortar; put it down an hour and a half, and when it comes up pour out all the gravy, and fill it up with clarified butter.

For Potting Tongues.

Take two tongues, rub them with saltpetre, white salt, and brown sugar; bake them tender in pump water, then blanch them, cut off the roots, and season with pepper and spice. Put them in an oval pot, and cover all over with clarified butter.

To Collar Pork.

Bone a breast of pork, season it with savory seasoning, a good quantity of thyme, parsley, and sage; then roll it in a hard collar in a cloth, tie it at both ends, and boil it, and when cold, steep it in savory liquor in which it was boiled.

 THE NEW WHOLE

OF PIES.

A Lamb Pie.

Season the lamb steaks, lay them in the pie with sliced lamb-stones and sweetbreads, savory-balls, and oysters. Lay on butter, and close the pie with a lea.

A Mutton Pie.

Season the mutton steaks, fill the pie, lay on butter and close it. When it is baked, toss up a handful of chopped capers, cucumbers, and oysters, in gravy, with an anchovy and drawn butter.

A Veal Pie.

Raise a high round pie, then cut a fillet of veal into three or four pieces, season it with savory seasoning, and a little minced sage and sweet herbs; lap it in the pie with slices of bacon at the bottom, and between each piece lay on butter, and close the pie. When it is baked, and half cold, fill it up with clarified butter.

A Chicken Pie.

Take six small chickens, roll a piece of butter in sweet herbs, season and lay them in a cover, with the marrow of two bones rolled up in the batter of eggs, a dozen of yolks of eggs boiled hard, and two dozen of savory balls; when you serve it up, pour in a quart of good white gravy.

A Pigeon Pie.

Truss and season the pigeons with savory spices, and stuff them with forced-meat; lay on lamb-stones, sweetbreads, and butter; close the pie with a lea. A chicken or capon pie may be made in the same way.

A Calf's Head Pie.

Almost boil the calf's-head, take out the bones, cut it in thin slices, season and mix it with sliced shivered palates, cocks-combs, oysters, mushrooms, and balls.—Lay on butter, and close the pie with a lea.

A Partridge Pie.

Season the partridges well with pepper and salt, put them into a dish with a beef or veal-steak at the bottom of it, with the breasts downwards. If veal is used, grate a little lean ham upon it. Put in some yolks of hard eggs, a little weak gravy, and the giblets. Cover it with a crust, and about an hour and a half will bake it. Have some gravy ready to pour in it when it is served up.

Pies may be made in the same manner of woodcocks, quails, thrushes, larks, &c.

A Turkey Pie.

Break the bones, and beat the turkey flat on the breast; lard it with bacon, lay it into a raised crust, with some slices of bacon under it, and well seasoned with salt, pepper, nutmeg, whole cloves, and bay-leaves. Lay a slice of bacon over it, cover it with a crust, and bake it. When baked, put a clove of garlic or shallot into the hole in the middle of the lid, and do not use it till it is cold.

A Beef-steak Pie.

Prepare the steaks as for a beef-steak pudding. Season them with pepper, salt, and some sweet herbs cut fine, if approved. Arrange them neatly in the dish, pour in some water, put on the top crust, and bake it. Any kind of meat almost will make a plain family pie in this way.

A Minced Pie.

Shred a pound of neat's tongue parboiled, with two pounds of beef-suet, fine pippins, and a green lemon-peel; season it with an ounce of spice, a little salt, a pound of sugar, two pounds of currants, half a pint of sack, a little brandy, the juice of a lemon, a quarter of a pound of citron, lemon and orange-peel. Mix these together, and fill the pies.

A Trout Pie.

Clean, wash, and scale them, lard them with pieces of a silver eel rolled up in spice, and sweet herbs, with bay-leaves powdered; lay on and between them the bottoms of sliced artichokes, mushrooms, oysters, capers, and sliced lemon: lay on butter and close the pie.

 THE NEW WHOLE

An Eel-Pie.

Cut, wash, and season them with sweet seasoning, and a handful of currants; butter and close it.—Some omit the currants.

An Apple or Pear Pie.

Make a good puff-paste crust, lay some round the side of the dish, pare and quarter your apples: and take out the cores; lay a row of apples thick, throw in half the sugar you intend for your pie, mince a little lemon-peel fine, throw a few cloves, here and there one, then the rest of your apples, and the rest of your sugar, You must sweeten to your palate, and squeeze in a little lemon-juice. Boil the peeling of the apples, and the cores in water with a blade of mace, till it is very good, strain it, and boil the syrup with sugar till it is very rich, pour it into the pie, put on your upper crust, and bake. You may put in a little quince or marmalade, if you like it.

Thus make a pear-pie, but do not put in any quinces. You may butter them when they come out of the oven, or heat up the yolks of two eggs, and half a pint of cream, with a little nutmeg, sweetened with sugar: take off the lid, and pour in the cream. Cut the crust in little three-cornered picces, stick them about the pie and send it to table.

Apple, Gooseberry, and other Fruit Pies.

Butter the edge and sides of your dish, and lay a border of crust over them, then put in the fruit with a sufficient quantity of sugar, and water, if necessary.—Roll out the crust, and lay it over the top of the dish. Either the light puff crust, or the short crust, may be used at pleasure for these pies. An apple pie may be flavoured by putting in a little quince, either raw or preserved; grate lemon-peel or a few cloves, and of them give it an agreeable flavour. Black currants, (though not in general used for pies), make a pie of which some people are extremely fond: they require a good deal of water in the dish. A little fine sugar sifted over the pie when served up, makes it look nicer,

OF TARTS & PASTES.

To make Tarts of various Kinds.

When you design to make your tarts in tin patty-pans, first butter the pans, and then lay a thin rich crust all over them; but when you make them in glass or china dishes, you need not put any crust except the upper one; scatter fine sugar on the bottom, then put in your fruit, and strew sugar over it. Let your tarts be baked in a slack oven.

If tarts be made of apricots, &c. you must neither pare them, cut them, or stone them, nor use lemon-juice, which is the only material difference between these and other fruit.

Observe, with respect to *preserved tarts*; only lay in the preserved fruit, and put a very thin crust over them, and bake them in as short a time as possible.

To make Iceing for Tarts.

Having beat and sifted a quarter of a pound of double-refined sugar, put it into a mortar, with two spoonfuls of rose-water, and the white of one egg; beat all together for half an hour, and then lay it on your tarts with a feather.

A Paste for Tarts.

Of flour, butter, and sugar, take half a pound each, mix them up together, beat it well with a rolling-pin, and roll it out thin.

To make a Puff Paste.

Take a quartern of flour, mix it with half a pound of butter, and make it up into a light paste with water; then roll out your paste, stick pieces of butter all over it, and dust it with a little flour; fold it up, then roll it out again; after this, then put in more butter, flour it, fold it up, and roll it out; repeat this till your paste is of a proper consistence.

A Paste for raising Pies.

You must boil six pounds of butter in a gallon of water, and when it is melted, skim it off into a peck of flour, work it up into a paste, pull it in lumps till it is cold, and make it up in whatever form you please. This is a very good crust for a goose pie.

An excellent Paste for Pattypans.

Take three or four eggs, half a pound of butter, a pound of flour, and two ounces of fine sugar; work it all up into a paste.

A Paste for Custards.

Mix half a pound of flour with three or four spoonfuls of cream, six ounces of butter, the yolks of two eggs; when mixed let it stand a quarter of an hour, then work it up well, and roll it out thin.

**OF PUDDINGS & DUMPLINGS.***General Directions with regard to Puddings.*

WHEN you boil puddings, take great care that your bag or cloth be very clean; dip it in hot water, and flour it well. You must always let the water boil before you put in the pudding, and you should frequently move your pudding in the pot, to prevent it from sticking. When your pudding is boiled, just dip it in a pan of clean cold water, then untie the cloth, and the pudding will turn out without sticking to the cloth. In all baked puddings butter the pan or dish before your pudding is poured in.

To make a Custard Pudding.

Take the yolks of six eggs well beaten, two spoonfuls of flour, some sugar and grated nutmeg; mix all together in a pint of new milk or cream, and boil it half an hour; when you serve it up, pour into the dish some melted butter mixed with a little white wine. Baked custard pudding is equally good.

ART OF COOKERY.

To make a Bread Pudding.

Having cut the crumb of a penny loaf into thin slices; pour over it a quart of boiling milk, cover it up close, and let it stand some hours to soak; then beat it well with some melted butter, the yolks and whites of a few eggs, a little salt, and some grated nutmeg; tie your pudding loose in a cloth, and let it boil about three-quarters of an hour: when it is done, lay it in your dish, and pour on it melted butter and sugar. You may put some currants in your pudding before you boil it.

A baked Bread Pudding.

You must put a quarter of a pound of butter into a pint of milk or cream, set it over the fire, and stir it well; as soon as the butter is melted, add to the milk a sufficiency of crumbled bread, three or four eggs, half a pound of currants picked and washed clean, a good deal of sugar, some grated nutmeg, ginger, and a little salt; mix all up together, pour it into a buttered dish, and send it to the oven.

A Marrow Pudding.

Slice a penny loaf into a quart of boiling cream or milk: add to it a pound of beef marrow shred fine, the yolks of eight eggs, three spoonfuls of rose-water, a glass of brandy or sack, a quarter of a pound of currants, some candied citron, and lemon sliced thin, grated nutmeg and sugar; mix all together, and either boil it or send it to the oven to bake. Stick pieces of citron all over the top of your pudding when you serve it up.

A Steak Pudding.

Take a quartern of flour, and two pounds of suet chopped fine, and mix it up with cold water into a good paste; then season your steaks (which may be either mutton or beef), with pepper and salt, lay them in the crust, and close it up; tie your pudding in a cloth, and put it into the pot. A large steak pudding takes four or five hours boiling; a small one will be done in three hours.

THE NEW WHOLE

A Batter Pudding.

Take a quart of milk, five or six spoonfuls of flour, six eggs, a little salt and beaten ginger; mix the whole up together, boil it an hour, and send it to table with melted butter and sugar.

A plain boiled Pudding.

Mix with a pint of milk six eggs well beaten, two or three spoonfuls of flour, some sugar, a little grated nutmeg, and salt; put this mixture into a bag or cloth, then put it in your pot, and when it has boiled an hour, serve it up with melted butter over it.

A Suet Pudding.

Take half a pound of flour, half a pound of beef suet chopped very small, and a tea-spoonful of salt; mix these with just sufficient milk or water to keep them together. Boil it two hours and a half in a bason or cloth. Prunes, currants, or raisins stoned, may be added for a change, half a pound of either.

Suet Pudding with Eggs.

To a pound of beef suet chopped very fine, six large spoonfuls of flour, a tea-spoonful of grated ginger, and a tea-spoonful of salt; add a quart of milk mixed in gradually, and four eggs. Boil it three hours in a bason well buttered, or two hours and a half in a cloth well floured.

A Rice Pudding.

Put half a pound of rice (either ground or otherwise), into three pints of milk, and boil it well; when it is almost cold, mix it with seven or eight beaten eggs, half a pound of butter, some cinnamon, mace, and nutmeg, and half a pound of sugar; you may either boil or bake it.

A whole Rice Pudding.

Stew a quarter of a pound of whole rice very gently in a pint and a half of new milk. When the rice is tender pour it into a bason, stir in a piece of butter, and let it stand till quite cool. Then put in four eggs, a little salt, some nutmeg and sugar. Boil it an hour in a bason well buttered.

 ART OF COOKERY.

A Tansey Pudding.

To a pint of cream, put ten eggs, well beaten, and some grated bread; season it with nutmeg, some sugar, and a little salt; green it well with the juice of tansey and spinach, mix it up together, put it in a stew-pan with a lump of butter, set it over a slow fire, and when it is of a proper thickness, put it in a buttered dish, and bake it. Lay sweetmeats over it when you serve it up.

Hasty Pudding.

Beat the yolks of two eggs with a little salt, and mix them with half a pint of cold new milk. Stir this by a little at a time into four large spoonfuls of flour, and beat it to a very smooth batter. Set a pint and a half of milk on the fire, and when it is scalding hot pour in the batter, keep stirring it well that it may be smooth and not burnt, and let it be over the fire till it thickens, but it must not boil. Pour it out the moment it is taken off the fire.

This eats well with cold butter and sugar stirred into it, or with sugar only.

A Fruit Pudding in Crust.

To a pound of flour, put half a pound of suet chopped small; roll these together on a pie-board with a rolling-pin till the suet is well rolled into the flour. Add a little salt, mix it up lightly with cold water, and mould it just sufficiently to roll out. Butter a bason, and line it with this crust, rolled out moderately thick; put in the fruit, lay a piece of crust rolled out round on the top, and turn the side crust over it a little way to keep in the juice; tie a cloth well floured over it, A quart bason will require boiling two hours.

A Cheshire Pudding.

Make a crust as above for the fruit pudding; roll it out to fourteen or fifteen inches in length, and eight or nine in width. Spread it with raspberry jam, or any other preserve of a similar kind, and roll it up in the manner of a collared eel. Wrap a cloth round it two or three times, and tie it tight at each end. Two hours and a quarter will boil it.

A Carrot Pudding.

Scrape a raw carrot very clean, and grate it. To half a pound of this grated carrot, put half a pound of grated bread, half a pound of fresh butter melted, half a pint of cream, half a pint of sack, some orange flower water, sugar to the taste, a little nutmeg grated, and eight eggs, leaving out half the whites, well beaten with a little salt. It must be of a moderate thickness, if it is more than that, put in some additional cream. This will either bake or boil. If to be baked, cover it into a dish with a puff paste under it, and bake it an hour. Sift powdered sugar over it when it comes from the oven. If it be boiled, pour it into a well-buttered bason, and boil it an hour and a half. Serve it up with white wine sauce.

A Potatoe Pudding.

Take a pound of potatoes after they are boiled and peeled, and beat them into a marble mortar, with half a pound of butter. Boil an ounce of lemon-peel, and beat it in a mortar by itself. Mix the lemon with the potatoes, add to them eight yolks of eggs, and four whites, with sugar to the taste. Put it into a dish with a crust round the edge, and bake it in a slow oven.

White Puddings.

Pour two pints and a half of scalding hot milk upon half a pound of Naples biscuits or bread; let it stand uncovered, and when well soaked bruise the bread very fine. Put to it half a pound of almonds beat well with orange flower water, three-quarters of a pound of sugar, a pound of beef suet or marrow shred fine, a quarter of an ounce of salt, ten yolks of eggs, and five whites. Mix the whole thoroughly together, and put it into the skins, filling them but half full, and tying them at a proper distance, like sausages.

The skins must be carefully cleaned, and laid in rose-water some liours before they are used.

Currants may be put in instead of almonds, if preferred.

A Plum Pudding.

To three-quarters of a pound of flour, add three-quarters of a pound of raisins, weighed after they are stoned, half a pound of suet or marrow cut small, a pint of milk, two eggs, three spoonfuls of moist sugar, and a little salt. Boil it five hours.

Brown Bread Pudding.

A pound of beef suet chopped very small, a pound of bread grated, half a pound of raisins stoned and chopped, half a pound of currants, a nutmeg grated, a tea-spoonful of salt, and six eggs. Mix these well together, and let it boil six hours in a bason well buttered.

Suet Dumplings without Eggs.

To a pound of flour, put ten ounces of suet shred small, half a pound of currants, clean washed and well dried, and some salt. Mix this up with milk and water just sufficient to make it a stiff paste. Divide it into good sized dumplings, tie them in separate cloths, well floured, and boil them two hours; the currants may be omitted at pleasure.

Suet Dumplings with Eggs.

A pint of milk, two eggs, three-quarters of a pound of beef suet chopped fine, a tea-spoonful of grated ginger, and flour enough to make it into dumplings; roll them in a little flour, and put them into boiling water.—Move them gently for a little while to prevent their sticking together. If the dumplings are small, three-quarters of an hour will boil them, if large, the time must be proportioned to their size. They will boil equally well in cloths, which is often preferred on account of keeping the outside drier. They will boil with beef, if approved, but must not then be put into cloths.

Hard Dumplings.

Make some flour, with a little salt, into a pretty stiff paste, either with milk or water. Roll it into balls with a little flour. Half an hour will boil them in boiling

water. They are very nice boiled with a fine picce of beef. Made up of a common dumpling size, and boiled either with or without cloths, they are exceedingly good, eaten with cold butter. The addition of some currants makes them still better: these must boil an hour.

Apple Dumplings.

To a pound of flour put half a pound of suet chopped small; roll these together on a pie-board with a rolling-pin, till the suet is well rolled into the flour. Add a little salt, and mix it up lightly with cold water. Pare and core as many spirited apples as there are to be dumplings. Work a piece of crust round them moderately thick, tie them in separate cloths well floured, and boil them: if large, an hour and a quarter, if small, in proportion.

These dumplings are certainly best when the apples are not cored, if you can put up with the unusual appearance of letting the cores remain in. The apples boil thus more juicy and better flavoured. The place of the core is sometimes filled up with quince marmalade.



OF PANCAKES, &c.

Ground Rice Pancakes.

Set a pint of new milk on the fire, and when it is sealding hot, stir in it two spoonfuls of ground rice mixed up with a quarter of a pint of cold milk. Keep it on the fire till it thickens, but do not let it boil. Put it into a bason to cool, stirring in gently a quarter of a pound of butter. When cold, add some sugar, a little nutmeg, and four eggs well beaten with some salt. Fry these in as little lard as possible of a nice light brown colour. Serve them up with sugar sifted over them, and with lemon, or with Seville orange, cut and laid round the dish.

To make good Pancakes.

Take eight yolks of eggs and four whites, a pint of cream or milk, three or four spoonfuls of sack, a little sugar, a quarter of a pound of butter melted, half a pint of flour, some grated nutmeg and salt; mix it all together, and pour as much of it into your frying-pan as will make one pancake: shake the pan, and when one side of the pancake is enough, turn it, and do the other side: then take it out, and fry the rest in the same manner.—When you serve them up strew sugar over them.

Cream Pancakes.

Put an ounce of butter into half a pint of cream, set it on the fire till the butter is melted, and then mix it gradually into two spoonfuls of flour. Add the yolks of two eggs, a little nutmeg and salt. Fry them in a small pan, and this quantity will make a dozen. A small piece of butter should be put into the pan with the first pancake.

Common Pancakes.

Beat two eggs with a little salt, and stir them into three spoonfuls of flour. Add a pint of new-milk by degrees, and beat up the batter very smooth. Fry them in a small pan of boiling lard of a light brown colour. Make them of a moderate thickness. Fried by spoonfuls, this will make plain fritters.

These pancakes will be very good without the eggs, and without any substitute for them. They may likewise be made with malt liquor, yeast, or snow, instead of eggs: with malt liquor or snow, rather less than the quantity of milk, or else add a little more flour.

Potatoe Fritters.

To half a pound of potatoes scraped, after they are boiled, add a large spoonful of cream, four eggs well beaten with some salt, half a spoonful of lemon-juice, a glass of sweet wine, and a little nutmeg grated. Beat these to a very light batter, and fry them in a good deal of lard, the usual size of fritters. Serve them up with sugar sifted over them, lemon or Seville orange cut and laid round the dish, and white wine sauce in a tureen.

OF SAUCES.

To melt Butter.

Take a quarter of a pound of butter, with two teaspoonfuls of cream, put it into a plated or very nice tin saucepan. Shake it over a clear fire till the butter be quite dissolved. It must be shaken only in one direction, and be careful not to place the saucepan upon the fire.

A colouring for Sauces.

Put six ounces of good lump sugar into a pan, with the addition of half a gill of water, and near an ounce of butter. Place it over a gentle fire, stirring it with a wooden spoon till it appear burnt to a lively brown colour; then add more water, skim it when boiling, and afterwards strain it. Keep it in a vessel covered for use.

Mushroom Catchup.

Choose some of the large broad mushrooms, break them into an earthen pan, strew some salt over them, and stir them now and then for three days. Let them stand for two days longer, till there is a thick scum over them. Strain off the liquor and boil it with allspice and black-pepper, mace, ginger, a clove or two, and some mustard seed. When cold, bottle it, and tie a bladder over the cork. If for keeping, boil it again with some fresh spice at the end of two or three months, and it will keep a twelvemonth or longer.

Oyster Sauce.

Blanch and strain the oysters, preserving the liquor proceeding from them. Wash them well, beard and drain them, and put them into a stew-pan with a proper quantity of fresh butter, the oyster liquor strained from the sediment, a little flour and water to thicken it, seasoning it to the taste with the juice of lemon, or Seville oranges, anchovy liquor, a little Cayenne pepper, a spoonful of catchup, and a little lemon-peel. The two last mentioned articles to be added only if approved of, not being necessary. When it boils skim it, and let it simmer five minutes.

Muscles and cockles may be made into sauce this way.

ART OF COOKERY.

Fennel Sauce for Fish.

Take a little fennel, mint, and parsley, wash and boil them till they become tender; drain them, and chop them fine. Put all together into melted butter. Be careful to serve up the sauce immediately after the mixing in the herbs, for they become discoloured by standing.

Parsley and Butter.

Wash parsley clean, chop it fine, and put it into melted butter. It is by many persons reckoned better to boil the parsley, and afterwards chop it.

Apple Sauce.

Peel and core some boiling apples, cut them in pieces, and simmer them till they become soft, in a saucepan, with a few cloves and a very little water. Beat them very smooth, and mix them with a little butter and sugar.

Mint Sauce.

Wash mint very clean, chop it fine, sprinkle it with sugar, and pour vinegar upon it to the taste.

Sauce for a roasted Goose.

Mix a table-spoonful of made mustard, and half a tea-spoonful of Cayenne pepper, into a glass and a half of portwine. Heat this, and pour it hot into the inside of the goose when it is taken up, by a slit made in the apron.

Bread Sauce.

Boil an onion in a little water with a little whole pepper, till it be quite tender; pour it upon some slices of bread, and let it stand till cool. Then pour upon it half a pint of scalding hot milk, bruise it fine, put it into a saucepan, and heat it over the fire for use.

A Salad Sauce.

Mix two yolks of eggs boiled hard, as much grated Parmesan cheese as will fill a desert spoon, a little patent mustard, a desert spoonful of tarrogon of vinegar, and a large spoonful of catsup. Add to these, when stirred together well, four spoonfuls of salad oil, and one spoonful of elder vinegar, and beat them up very smooth.

OF PICKLING & PRESERVING.

ALWAYS use stone jars for all sorts of pickles that require hot pickle to them. The first charge is the least, for these not only last longer, but keep the pickle better; for vinegar and salt will penetrate through all earthen vessels; stone and glass are the only things to keep pickles in. Be sure never to put your hand in to take them out, for that will soon spoil them; the best method is to tie a wooden spoon, full of little holes, to every pot, to take the pickles out with. Let your brass pans for green pickles be exceeding bright and clean, and your pans for white pickles be well tinned and clean, otherwise they will have no colour.— Use the very best and strongest white wine vinegar, likewise be very exact in watching when your pickles begin to boil and change colour, that you may take them off the fire immediately, otherwise they will grow soft in keeping, and loose their colour. Cover your pickling jars with a wet bladder and leather.

To pickle Cucumbers.

Take some small cucumbers fresh gathered, put them in a pan, and pour over them some hot brine; let them stand twenty-four hours covered, then strain them out into a cullender, and dry them between two cloths. Take some white wine vinegar, and a proper quantity of all spice, boil it up, and then put your cucumbers in it, with a little salt and a few bay leaves; let them simmer over the fire in this pickle, then put the cucumbers and liquor into your jars, and tie a bladder over each jar.

To pickle Red Cabbage.

Cut off the stalks and outside leaves, and shred the remainder into a cullender, throw salt upon it in the shredding; after it hath drained two or three hours, put it into a jar, and then make a pickle of vinegar, cloves, mace, ginger, and sliced nutmeg; boil it, and when it is cold, pour it over the cabbage, and it will be fit for use in twelve hours. Add salt to the pickle, if requisite.

ART. OF COOKERY.

To pickle White Cabbage.

Cut it in quarters, or shave it in long slices; scald it about four minutes in water and salt, whole pepper, ginger, and mace; when your pickles is boiled and scummed put it to your cabbage, cover it quickly, and it will keep white.

To pickle Walnuts.

Make a pickle of salt and water, strong enough to bear an egg, boil it and skim it well, and pour it over your walnuts, let them stand twelve days, changing the pickle at the end of six days; then put them into a cullender, and dry them with a coarse cloth, then get the best white wine vinegar, with cloves, mace, nutmeg sliced, Jamaica pepper, and sliced ginger; boil all these together and pour it scalding hot upon your walnuts, in the jar you intend for them: you may add a shalot, or a large onion. To one hundred of walnuts, you must put six spoonfuls of mustard seed; tie them close with a bladder and leather.

To pickle Mushrooms.

Put the smallest mushrooms you can get into a pan of spring water, then rub them with a piece of flannel dipped in salt, and let them be well washed; set them on the fire in a stew pan of boiling spring water, with a little salt in it, and when they have boiled five or six minutes take them out and throw them into a cullender to drain, then lay them between two cloths till they are cold; after which put them into wide mouthed bottles, with a few blades of mace, some sliced nutmeg, and mutton fat melted; fill the bottles with vinegar, and cork them close for use.

To pickle Samphire.

Take samphire that is green, and has a sweet smell, gath red in the month of May, pick it well, lay it to soak in salt and water for two days, then put it into an earthen pan, and pour in it as much white wine vinegar as will cover it close, and let it stand till it is green and crisp; then put it into a jar, and tie it down close for use.

 THE NEW WHOLE

To pickle Herrings and Mackarel.

Cut off the heads and tails of your fish, gut them, wash them, and dry them well; then take two ounces and a half of salt-petre, three-quarters of an ounce of Jamaica pepper pounded small, an ounce of sweet marjoram and thyme chopped small, mix them together; and put some within and without the fish, lay them on an earthen pan, the roes at top, and cover them with white wine vinegar, then set them in an oven, not too hot, for two hours. This is for fifteen, but after this rule do as many as you please.

To pickle large Cucumbers, Cherkins, &c.

Wipe them clean with a cloth, then put them into a stone jar, and pour boiling vinegar with a handful of salt over them. Boil the vinegar up every three days, and pour it upon them till they become green; then put some ginger and pepper to them, and tie them up close for use.

To pickle Onions.

Peel some small onions, and put them into salt and water for one day, changing it once in that time. Dry them in a cloth, then take some white wine, mace, a little pepper, cloves, and some vinegar; pour this pickle over the onions, after having boiled it; and when it is cold cover the onions close with a bladder.

To make a very good Vinegar.

Allow a pound of lump or soft sugar to a gallon of water. Boil this, taking all the scum off very carefully, and pour it into a tub to cool. When no more than milk warm, rub some yeast upon a piece of bread and put it into it, and let it ferment about twenty-four hours; then put the liquor into a cask with iron hoops; lay a piece of tile over the bung hole, and set it into the kitchen, which is better than setting it in the sun. It will be fit to bottle in six months.

March is the best time of the year for the making of vinegar, though if kept in the kitchen, this is of little consequence.

ART OF COOKERY.

To preserve Gooseberries, Cherries and Raspberries.

Set your fruit over the fire in a skillet or preserving pan, with a little water and a good deal of fine sugar; let it boil gently till the syrup is properly thick, then put your fruit and syrup into gallipots or glasses for use.

To preserve Damsons.

Gather them when dry, full grown, and not ripe; pick them one by one, put them into glass bottles that are very clean and dry, and cork them close with new corks; then put a kettle of water on the fire, and put in the bottles with care; wet not the corks, but let the water come up to the necks; make a gentle fire till they are a little coddled, and turn pale; do not take them up till they are cold, then pitch the corks all over, or wax them close, and set them in a cool dry cellar.

To preserve Currants.

Take the weight of the currants in sugar, pick out the stalks; to a pound of sugar add half a pint of water; let it melt; then put in your currants, and let them do very leisurely: skim them, and take them up, let the syrup boil, then put them on again, and when they are clear, and the syrup thick enough, take them off. When they are cold, put them in glasses.

To preserve Raspberries.

Choose raspberries that are not very ripe, and take the weight of them in sugar; wet your sugar with a little water, put in your raspberries, and let them boil softly: take heed of breaking them; when they are clear, take them up, and boil the syrup till it is thick enough, then put them in again, and when they are cold put them up in glasses.

To preserve Barberries.

Take them ripe and of a good colour, and the sort without stones; then take about three times the weight in brown sugar, boil some of the worst of the barberries in spring water, strain and take as much of it as will dissolve the fruit in bunches, and do them as the currants,

Of Cheesecakes, Custards, Creams, Syllabubs, Jellies, &c.

To make fine Cheesecakes.

Take three-quarters of a pound of butter melted, three or four ounces of sweet almonds blanched, and beat fine, the curd of a gallon of new milk, three Naples biscuits grated, the yolks of seven eggs, half a pound of currants, some beaten cinnamon and nutmeg, half a pound of fine sugar, two or three spoonfuls of sack, or a little rose or orange flower water, mix all these well together, have ready some patty pans lined with rich crust, pour some of your mixture into each, and bake your cheesecakes in a gentle oven.

To make common Custards.

You must sweeten a quart of cream or new milk to your palate; then grate in some nutmeg and cinnamon, beat up the yolks of eight eggs with a little rose water, and stir them into your cream or milk; mix it up well, and bake it in crusts or china cups, or you may put it into a deep china bowl, and set it in a kettle of boiling water, but do not let the water get into the bowl.

To make a Rice Custard.

Boil a quart of cream with some ground rice, a little mace and nutmeg: stir it well together all the while it is boiling, and when it is enough, sweeten it to your taste, and put in a little orange flower or rose water. Serve it up either cold or hot.

Almond Custards.

To a quarter of a pound of almonds blanched and pounded, add a quart of cream, two spoonfuls of rose water, the yolks of four or five eggs, some mace and cinnamon; mix it all together, sweeten it as you like, set it on the fire, and keep stirring it till it is of a proper thickness; then pour it into cups, and send it to table; or you may bake your almond custards in china cups.

ART OF COOKERY.

Whipt Cream.

Take the whites of eight eggs well beaten, half a pint of sack, and a quart of good cream boiled; mix it all together, and sweeten it with fine sugar; whip it up with a whisp that has a piece of lemon-peel tied in the middle, skim the froth and put the mixture in glasses and basons.

Almond Cream.

First boil a quart of cream with a blade or two of mace, a piece of lemon-peel, and some grated nutmeg; then take four ounces of almonds blanched and beat very fine, the whites of eight or nine eggs well beaten, and a spoonful or two of rose water; mix these up with your cream, sweeten it to your taste, set it over the fire, stir it well till it is thick, and then pour it into glasses.

To make a good Syllabub.

Having put a quart of cider into a china bowl, grate a small nutmeg into it, and sweeten it with double refined sugar; then put into your liquor some new milk, fresh from the cow, and pour over that some nice cream.

To make a Whipt Syllabub.

To half a pint of Canary wine, add half a pound of fine sugar, the whites of three or four eggs, and a quart of cream; whip it up with a whisp till it froths, then skim it, and pour it into your syllabub-glasses.

To make Currant Jelly.

First pick the currants from the stalks, then put them into a stone jar, cover it close, set it in a kettle of boiling water, and when it has boiled about half an hour take it out and strain off the juice of your currants; to every quart of juice add a pound and a half of loaf sugar, set it over a brisk clear fire, stir it gently till the sugar is melted, skim it well, and let it boil twenty minutes, or half an hour, then pour your jelly into gallipots, cover each of the pots with paper dipped in brandy, and keep them for use in a dry place.

 THE NEW WHOLE

To make Calves' Feet Jelly.

You must boil four calves' feet in a gallon of water till it is reduced to two quarts; then strain off the liquor, and let it stand till it is cold; skim off all the fat, clear the jelly from the sediment, and put all into a saucepan, with eight whites of eggs beaten to a froth, a pint of Rhenish or Madeira wine, a sufficiency of loaf sugar, the juice of four or five lemons, and some shred lemon-peel; stir all together, and let it boil up; then pass it through your jelly-bag till it is clear, and fill your glasses with it.

Raspberry Jam.

Bruise a quart of raspberries in a pint of currant jelly, boil them over a slow fire about twenty minutes, stir them all the time, and put some sugar to them. When your jam is enough, pour it into your gallipots, cover it close, and keep it for use.

Flummery.

Boil a large calf's foot in two quarts of water, then strain the liquor, and put to it half a pint of thick cream, an ounce of bitter almonds, and two ounces of sweet almonds well beat up together; sweeten it with loaf sugar, just give it a boil up, then strain it off, and when cold put it into glasses or cups.

A good Sack Posset.

To a pint and a half of cream or new milk, add a little cinnamon and nutmeg, or two or three Naples biscuits grated; let it boil over a slow fire till it is pretty thick, then put to it half a pint of sack, with a sufficiency of sugar, stir it all together over the fire, and send it to table with a dry toast.

Wine Whey.

You must put half a pint of white wine, and half a pint of milk well skimmed into a china bowl, and when it has stood a few minutes, pour a pint of hot water over it; let it stand till the curd settles at the bottom, then pour out the whey into another bowl, and mix sugar with it.

OF EGGS, AND SOME OTHER LITTLE DISHES.

To poach Eggs.

Have ready a broad stew-pan of boiling water, break the eggs into tea cups, put them gently into the water, and they will be done enough in two minutes, or two and a half. Serve them up on toasted bread or spinach, or with any thing else as approved.

To stew Mushrooms.

Button mushrooms must be rubbed with a piece of clean flannel and some salt; the larger ones peeled and the gills scraped out; then lay them for a while in milk and water. When they are put into the stew-pan sprinkle them with a little salt, add some mace, and set them over a slow fire. Let them stew till they are half done, then add some cream and yolks of eggs, and thicken the whole gently over the fire. Serve them up with sippets of toasted bread,

To make them savoury, use gravy, and a thickening of flour and butter, instead of cream and eggs.

Black Puddings.

Stew a quart of whole oatmeal in a quart of milk, and then set it by till the next morning. Add to it a pound and a half of beef suet shred fine, a seasoning of pepper, salt, allspice, and cloves, a small handful of pennyroyal, the same of parsley, a little thyme and winter savory washed and chopped very fine; a pint of cream, and three pints of hog's or sheep's blood. Mix all these well together, and stir them over the fire till they are well warmed. Have ready the skins thoroughly cleaned and turned inside outwards, fill them about half full, tying them at proper intervals like sausages. Boil them about a quarter of an hour, pricking them with a fork as they boil, to prevent their bursting. Lay them in a cloth to cool, turning them once or twice till cold, then hang them up in a dry place. When to be served, they may be broiled or fried, or warmed in a dutch oven.

INSTRUCTIONS FOR MARKETING.



How to choose Beef.

If the beef be young it will be smooth and tender; if old, it generally appears rough and spongy. When it is of a carnation colour, it is a sign of its being good meat.

To choose Mutton.

When mutton is old, the flesh, when pinched, will wrinkle and continue so; if it be young, the flesh will pinch tender, and the fat will easily part from the lean; whereas when the meat is old, the fat will stick by strings and skins. The flesh of ewe mutton is in general paler than that of wether mutton; it is of a closer grain, and parts more easily. If the flesh of mutton is loose at the bone, and of a pale yellowish colour, it is not good.

To choose Lamb.

If a hind quarter of lamb has a faint smell under the kidney, and the knuckle be limber, it is stale. If the neck-vein of a fore-quarter be of an azure colour it is fresh; but if greenish or yellowish the meat is nearly tainted.

To choose Veal.

When the flesh of a joint of veal seems clammy, and has greenish or yellowish specks, it is stale; but when it has not these appearances it is new. The flesh of a female calf is not so red and firm as that of a male calf.

To choose Pork.

If the pork be old, the lean will be tough, and the fat spongy and flabby; if young, the lean, when pinched will break between your fingers, and when you nip the skin with your nails it will make a dent. The skin of pork is in general clammy, and sweaty when the meat is stale, but smooth and cool when new. When many little kernels, like shot, are found in the fat of pork, it is measly.

 ART OF COOKERY.

To choose Bacon.

If the fat is white, oily to the touch, and does not break, the bacon is good, especially if the flesh is a good colour, and sticks well to the bone; but if otherwise, and the lean has some yellowish streaks, it is, or soon will be, rusty.

To choose Hams.

You must run a knife under the bone that sticks out of the ham, and if it comes out pretty clean, and has a nice flavour, the ham is sweet and good; if much dulled and smeared it is tainted and rancid.

To choose Hares and Rabbits.

A hare, when newly killed, is stiff and whitish; when stale, the body is limber, and the flesh in many parts blackish. If the hare be old, the ears will be tough and dry, and the claws wide and ragged; if young, the claws will be smooth, and the ears will tear like a piece of brown paper. Rabbits, when stale, are limber and slimy; when fresh, stiff and white; when young their claws are smooth; when old, the contrary.

To choose Turkeys, Capons, Geese, Ducks, &c.

A young turkey's legs are smooth and black, and its spurs short; if it be stale, its eyes will be sunk, and feet dry; if new, the eyes will be lively, and the feet limber.

If a fowl is young, the spurs are short and legs smooth, if stale, it will have a loose open vent; if new, a close vent.

If the bill of a goose is yellowish, and she has but few hairs, she is young; but if her bill and feet are reddish, and has plenty of hairs, it is old. If the goose be fresh, the feet will be limber; if stale, they will be dry.

Wild and tame ducks, if stale, will be dry-footed; if fresh, limber-footed.

To choose Fish in general.

When fish are stale, their gills are palish, their flesh soft and clammy, and their eyes dull and sunk; but when fresh, the gills are of a lively shining redness, the eyes bright and full, and the flesh stiff.

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